

Penn Cambria Curriculum

Course Name	Middle School Physical Education
Length of Course	<i>1 semester per year</i>
Grade Level	<i>5-8</i>
Prerequisites	<i>None</i>
Course Description	<i>The Physical Education program at Penn Cambria Middle School is designed to promote wellness and fitness in our students through a variety of activities such as team sports, lifetime activities, aerobic fitness and physical fitness. The students will demonstrate knowledge and skill development appropriate to each grade level. Many of the activities have carry over value and can be used as lifetime activities. These activities are evaluated by class participation, effort, teacher observation, skill tests, written tests and physical fitness testing.</i>
Units of Study	<i>Team Sports Life Time Activities Fitness</i>
Materials	<i>Text: NONE Supplemental Materials: Misc. gym equipment</i>

Students Medically Unable to Participate:

Adaptations will be provided for students who are medically unable to participate in the regular physical education program. These adapted activities must be aligned to the PA Academic Standards for Health and Physical Education. As each case is unique in duration and based on medical guidance provided, there are suggested activities listed for each unit included.

Unit: Team Sports

Estimated Time: 25-35 classes

PA Academic Standard Alignment:

- 10.4.6. E Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- 10.4.6. F Identify and describe positive and negative interactions of group members in physical activities.
- 10.5.6. B Identify and apply the concepts of motor skill development to a variety of basic skills.
- 10.5.6. C Describe the relationship between practice and skill development.
- 10.5.6. F Identify and apply game strategies to basic games and physical activities.

Curricular Objectives:

1. Demonstrate awareness of rules
2. Demonstrate passing and catching skills
3. Demonstrate courtesies of the game and a sense of good sportsmanship
4. Demonstrate skill-related fitness (agility, coordination, speed, balance)
5. Develop/improve hand-eye coordination
6. Demonstrate spatial awareness (safety)

7. Work cooperatively with team members
8. Developed improved fitness
9. Demonstrate offensive/defensive strategies
10. Display comfort level & enjoyment with the game that may lead to further participation

Assessments/ Measurement of Objectives:

- Practice with corrective feedback
 - in pairs/groups
 - question/answer
- Performance in games
 - following rules & etiquette
 - successful passes/catches
 - teamwork
 - skill-related fitness
 - including many team members in game play
- Observation
 - ability to continue active participation
 - skill related fitness
- Written and Oral Questioning: Rules, Game Play and History

Suggested Methods of Instruction / Learning Activities:

Basketball, Ultimate Frisbee, Softball, Wrestling, Volleyball, Soccer, Football

Suggested Activities for Students Medically Unable to Participate:

<u>Activity</u>	<u>Standard</u>
Officiating	10.5
Written Assignments/Research related to Team Sports	10.1-5
Data Collection	10.4, 10.3, 10.5
Keeping Score/stats	10.5, 10.3
Peer Teaching/Tutoring of specific team sport skills	10.3, 10.4, 10.5
Equipment set up/care	10.3,
Written Tests	10.1-5
Video Analysis	10.2, 10.4
Stretching/Toning	10.4
Skill work	10.5

Unit: Lifetime Activities

Estimated Time: 10-15 classes

PA Academic Standard Alignment:

- 10.4.6. A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
- 10.4.6. C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
- 10.4.6. D. Describe factors that affect childhood physical activity preferences.
- 10.4.6. E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- 10.5.6. A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.
- 10.5.6. C. Describe the relationship between practice and skill development.
- 10.5.6. D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.
- 10.5.6. E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.

Curricular Objectives:

1. Improve overall physical fitness
2. Demonstrate skill and knowledge of rules, scoring and/or techniques associated with the activity.
3. Demonstrates courtesies and etiquette appropriate for the activity.
4. Demonstrates proper movements, alignment and techniques for each activity or exercise.
5. Follows safety guidelines and demonstrates safe behavior relative to activity.
6. Demonstrates knowledge in how to determine individual progress in a fitness activity.
7. Identifies the parameters of physical fitness including muscular strength, muscle endurance, flexibility, and cardio-respiratory endurance.
8. Display comfort level that may lead to further participation in the activity outside of the classroom

Assessments/ Measurement of Objectives:

- Practice with corrective feedback
 - in pairs/groups
 - question/answer
- Performance in activities
 - following rules & etiquette
 - skill-related fitness
- Observation
 - ability to continue active participation
 - skill related fitness

Suggested Methods of Instruction / Learning Activities:

Tennis, Bowling, Dancing, Golf, Social Dance, Frisbee, Disc Golf, Badminton, Small Games

Suggested Activities for Students Medically Unable to Participate:

Activity	Standard
Written Assignments/Research related to unit objectives	10.1-5
Data Collection (heart rate, sets/reps.etc.)	10.4, 10.3, 10.5
Modified Weight Training	10.5
Resistance Training	10.5
Steps/step work	10.5, 10.4
Bowling	10.5
Equipment set up/care	10.3
Video Analysis	10.2, 10.4
Stretching/Toning	10.4
Skill work	10.5
Written Tests	10.1-5
Walking	10.4

Unit: Fitness

Estimated Time: 10-15 classes.

PA Academic Standard Alignment:

- 10.4.6. A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
- 10.4.6. B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
- 10.4.6. C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
- 10.5.6. A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.
- 10.5.6. D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.

Curricular Objectives:

1. Demonstrate proper alignment and technique.
2. Demonstrate basic step and various stepping patterns.
3. Demonstrates proper movements, alignment and techniques for each activity or exercise.
4. Develop/improve rhythm and coordination.
5. Experience stress relief through exercise.
6. Display a comfort level & enjoyment that may lead to further participation outside the classroom.
7. Improve overall fitness.
8. Measure heart rate and heart rate intensity and identify healthy heart range with regards to age.
9. Follow safety guidelines associated with physical activity.

Assessments/ Measurement of Objectives:

- Practice with corrective feedback
- Question/Answer/Discussion
- Observation
- Performance tests
- Heart rate monitoring activities
- Target heart rate exercises (written and performance)
- Completion of circuit cycles
- Workout charts/ record keeping

Suggested Methods of Instruction / Learning Activities:

Weight Training, Circuit Training, Step Aerobics, Tai Bo, Aerobics, Fitness Walking, Jump Rope, Yoga, Pilates, Fitness Testing, Flickerball/Speedball

Suggested Activities for Students Medically Unable to Participate:

Activity	Standard
Walking	10.4
Agility drills	10.4, 10.5
Resistance training	10.4, 10.5
Modified weight training	10.4, 10.5
Stretching/Toning	10.4, 10.3
Steps/step work	10.4, 10.5
Peer Teaching/Tutoring	10.3, 10.4,10.5
Written Tests	10.1-5
Written Assignments/Projects related to unit objectives	10.1-5